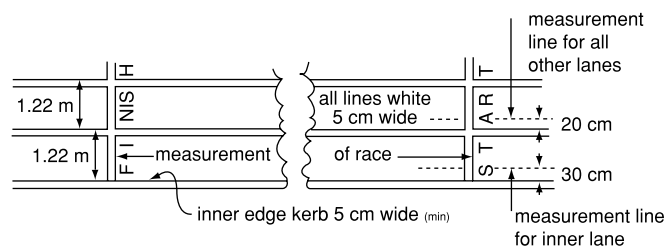


SECTION III - TRACK EVENTS

Rules 163.2, 163.6 (except under 230.11 and 240.10), 164.3 and 165 also apply to Sections VII, VIII, and IX.

RULE 160 Track Measurements

1. The length of a standard running track shall be 400m. It shall consist of two parallel straights and two bends whose radii shall be equal. Unless it is a grass track, the inside of the track shall be bordered by a kerb of suitable material, approximately 5cm in height and minimum 5cm in width.
If a section of the kerb has to be temporarily removed for field events, its place shall be marked with a white line 5cm in width and by cones or flags, minimum height 20cm, placed on the white line so that the edge of the base of the cone or flag pole coincides with the edge of the white line closest to the track, and placed at intervals not exceeding 4m. This shall also apply to the section of the steeplechase track where athletes divert from the main track to negotiate the water jump. For a grass track without a kerb, the inner edge shall be marked with lines 5cm in width. It shall also be flagged at intervals of 4m. Flags shall be so placed on the line as to prevent any athlete running on the line, and they shall be placed at an angle of 60° with the ground away from the track. Flags approximately 25cmx20cm in size mounted on a staff of 45cm long are the most suitable for this purpose.
2. The measurement shall be taken 30cm outward from the kerb or, where no kerb exists, 20cm from the line marking the inside of the track.



Track measurements (infield view)

3. The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
4. In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$ marked by white lines 5cm in width. All lanes shall be the same width. The inner lane shall be measured as stated in paragraph 2 above, but the remaining lanes shall be measured 20cm from the outer edges of the lines.

Note (i): For all tracks constructed before 1 January 2004 for all such races, the lane may have a width of maximum 1.25m.
Note (ii): The line on the right hand of each lane shall be included in the measurement of the width of each lane (see Rule 163.3 and 163.4).
5. In International Competitions under Rule 1(a), (b) and (c) the track should allow for eight lanes.
6. The lateral inclination of tracks should not exceed 1:100 and the overall inclination in the running direction shall not exceed 1:1000 downwards.
Note: It is recommended that, for new tracks, the lateral inclination should be towards the inside lane.
7. Full technical information on track construction, layout and marking is contained in the IAAF Track and Field Facilities Manual. This Rule gives basic principles, which must be followed.

RULE 161
Starting Blocks

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4x200m and 4x400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane. Starting blocks shall comply with the following general specifications:
 - (a) They shall be entirely rigid in construction and shall give no unfair advantage to the athlete.
 - (b) They shall be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement shall permit the starting blocks to be quickly and easily removed. The number, thickness and length of pins or spikes depend on the track construction. The anchorage shall permit no movement during the actual start.

- (c) When an athlete uses his own starting blocks, they shall comply with paragraphs (a) and (b) above. They may be of any design or construction, provided that they do not interfere with other athletes.
- (d) When starting blocks are provided by the Organising Committee, they shall, in addition, comply with the following specifications:

The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position. The foot plates shall be mounted on a rigid frame, which shall in no way obstruct the athlete's feet as they leave the blocks. The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly concave. The surface of the foot plates shall accommodate the spikes in the athlete's shoes, either by using slots or recesses in the face of the foot plate or by covering the surface of the foot plate with suitable material permitting the use of spiked shoes.

The mounting of the foot plates on a rigid frame may be adjustable, but it shall allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. The adjustments shall be secured by firm clamps or a locking mechanism, which can be easily and quickly operated by the athlete.

- 2. In competitions held under Rule 1(a), (b) and (c), the starting blocks shall be linked to an IAAF approved false start control apparatus. The Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the apparatus detects a false start (i.e. when reaction time is less than 100/1000ths of a second). As soon as the Starter and/or an assigned Recaller hears the acoustic signal, and if the gun is fired, or the approved starting apparatus is activated, there shall be a recall and the Starter shall immediately examine the reaction times on the false start control apparatus in order to confirm which athlete(s) is/are responsible for the false start. This system is strongly recommended for all other competitions.
- 3. In competitions held under Rule 1(a), (b), (c), (d) and (e), athletes shall use starting blocks provided by the Organising Committee of the competition. In other competitions on synthetic surfaced tracks, the Organising Committee may insist that only starting blocks provided by them may be used.

RULE 162
The Start

1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes the start line shall be curved, so that all the athletes start the same distance from the finish. Stations in events at all distances shall be numbered from left to right, facing the direction of running.
2. All races shall be started by the report of the Starter's gun or approved starting apparatus fired upwards after he has ascertained that athletes are steady and in the correct starting position.
3. At all International Competitions, except as noted below, the commands of the Starter in his own language, in English or in French shall, in races up to and including 400m (including 4x200m and 4x400m), be "On your marks" and "Set". When all athletes are "Set", the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks. In races longer than 400m, the command shall be "On your marks" and when all athletes are steady, the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch the ground with his hand or hands during the start.

|| *Note: In competitions under Rule 1(a) and (b), the commands of the Starter shall be given in English only.*

4. If for any reason the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.
In all races up to and including 400m (including the first leg of the 4x200m and 4x400m), a crouch start and the use of starting blocks are compulsory.
After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the starting blocks. At the "Set" command, an athlete should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.
5. On the command "On your marks" or "Set", as the case may be, all athletes shall at once and without delay assume their full and final set position.

False start

6. An athlete, after assuming a full and final set position, shall not commence his starting motion until after receiving the report of the gun, or approved starting apparatus. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

It shall also be deemed a false start if, in the judgement of the Starter:

- (a) an athlete fails to comply with the commands "on your marks" or "set" as appropriate after a reasonable time.
- (b) an athlete after the command "on your marks" disturbs other athletes in the race through sound or otherwise.

Note: When an IAAF approved false start control apparatus is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.

7. Any athlete making a false start shall be warned. Except in Combined Events, only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.

In Combined Events, if an athlete is responsible for two false starts, he shall be disqualified.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

8. The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.

1000m, 2000m, 3000m, 5000m and 10,000m

9. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group should run as far as the end of the first bend on the outer half of the track.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start. The track shall be marked at the entrance to the finish straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 5cmx5cm mark on the line between lanes 4 and 5 (lanes 3 & 4 in a six-lane track) on which a cone or flag is placed until the two groups converge.

RULE 163
The Race

1. The direction of running shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

Obstruction

2. Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a heat, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally such an athlete should have completed the event with bona fide effort.
Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.

Running in Lanes

3. In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. Except as stated below in 4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has run outside his lane, he shall be disqualified.
4. If an athlete is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the athlete shall not be disqualified.
If an athlete either:
 - (a) runs outside his lane in the straight, and no material advantage is gained or

- (b) runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed then he shall likewise not be disqualified.
5. In competitions held under Rule 1(a), (b) and (c), the 800m event shall be run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes.
The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a flag at least 1.50m high, positioned outside the track, 30cm from the nearest lane line.
Note (i): To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, may be placed on the lane lines immediately before the intersection of the lane lines and the breakline .
Note (ii): In international matches, countries may agree not to use lanes.

Leaving the Track

6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

Check-Marks

7. Except when all or the first portion of a relay race is being run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance.

Wind Measurement

8. The periods for which the wind velocity shall be measured from the flash of the Starter's gun or approved starting apparatus are as follows:

	Seconds
100m	10
100m Hurdles	13
110m Hurdles	13

In the 200m event, the wind velocity shall be measured for a period of 10 seconds commencing when the first runner enters the straight.

9. The wind gauge for track events shall be placed beside the straight, adjacent to lane 1, 50m from the finish line. It shall be positioned 1.22m high and not more than 2m away from the track.
10. The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second, in the positive direction (that is, a reading of +2.03 metres per second shall be recorded as +2.1; a reading of -2.03 metres per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of metres per second shall be constructed so as to comply with this Rule.
All wind gauge equipment shall have been certified by the IAAF and the accuracy of the gauge used shall have been verified by an appropriate organisation accredited by the national measurement authority, such that all measurements can be traced back to national and international measurement standards.
11. Ultrasonic wind gauges shall be used at all International Competitions under 1(a) to (f).
A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.
12. The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.

RULE 164
The Finish

1. The finish of a race shall be denoted by a white line 5cm wide.
2. To assist alignment of the Photo Finish equipment and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be painted black in a suitable design.
3. The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.
4. In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges

that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, he shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.

The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

RULE 165

Timing and Photo Finish

1. Three alternative methods of timekeeping shall be recognised as official:
 - Hand Timing;
 - Fully Automatic Timing obtained from a Photo Finish System.
 - Timing provided by a Transponder System for competitions held under Rules 230 (races not held completely in the stadium), 240 and 250 only.
2. The time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and intermediate times at every 1000m in races of 3000m and over shall be recorded.

Hand timing

4. The Timekeepers shall be in line with the finish and outside the track. Wherever possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
5. Timekeepers shall use either stopwatches or manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of IAAF Rules.
6. The lap and intermediate times as per Rule 165.3 shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers.

7. The time shall be taken from the flash/smoke of the gun or approved starting apparatus.
8. Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event. The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.
9. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.
10. For all hand-timed races on the track, the time shall be read and recorded to the next longer 1/10th of a second. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer whole second, e.g. for the Marathon 2:09:44.3 shall be recorded as 2:09:45.
If the hand of the watch stops between two lines indicating the time, the longer time shall be accepted. If a 1/100th second watch or an electronic manually operated digital timer is used, all times not ending in zero in the second decimal shall be converted and recorded to the next longer 1/10th of a second, e.g. 10.11 shall be recorded as 10.2.
11. If two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.
12. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the result to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

13. Fully Automatic Timing and Photo Finish System approved by IAAF should be used at all competitions.

The system

14. The System shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically by the Starter's gun, or approved starting

apparatus, so that the overall delay between the report from the muzzle and the start of the timing system is constant and less than 1/1000th of a second.

15. A system which operates automatically at either the start or the finish, but not at both, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times. In this case, the times read on the film will not, under any circumstances, be considered as official, but the film may be used as a valid support in order to determine placings and adjust time intervals between athletes.

Note: If the timing mechanism is not started by the Starter's gun, or approved starting apparatus, the time-scale on the film shall indicate this fact automatically.

16. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finish line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.
17. The times and places of the athletes shall be read from the image by means of a cursor guaranteeing perpendicularity between the time scale and the reading line.
18. The System must automatically record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.

Operation

19. The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, he will meet the technical staff involved and familiarise himself with the equipment. In cooperation with the Referee for track events and the Starter, he shall initiate a control, before the beginning of each session, to ensure that the equipment is started automatically by the Starter's gun or approved starting apparatus, and is correctly aligned. He shall supervise the positioning and testing of the equipment and the zero control operation.
20. If possible, there should be at least two photo finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e. with different power supplies and recording and relaying the report of the Starter's gun, or approved starting apparatus, by separate equipment and cables.

Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate (or International Photo Finish Judge where appointed) before the start

of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official camera or if there is need to use the supplementary images to resolve uncertainties in the finishing order (i.e. athletes wholly or partially obscured on the image from the official camera).

21. In conjunction with the two Assistants, the Chief Photo Finish Judge shall determine the times of the athletes and their respective places. He shall ensure that these results are correctly entered in the competition results system and conveyed to the Competition Secretary.
22. Times from Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing system.
23. Times shall be read and recorded from the Photo Finish image as follow:
 - (a) For all races up to and including 10,000m, the time shall be read and recorded to 1/100th of a second. Unless the time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.
 - (b) For all races on the track longer than 10,000m, the time shall be read to 1/100th of a second and recorded to 1/10th of a second. All read times not ending in zero shall be converted and recorded to the next longer 1/10th of a second, e.g. for 20,000m, 59:26.32 shall be recorded as 59:26.4.
 - (c) For all races held partly or entirely outside the stadium, the time shall be read to 1/100th of a second and recorded to the whole second. All read times not ending in two zeroes shall be converted and recorded to the next longer whole second, e.g. for the Marathon, 2:09:44.32 shall be recorded as 2:09:45.

Transponder System

24. The use of Transponder Timing Systems approved by IAAF in events held under Rules 230 (races not held completely in the stadium), 240 and 250 is permitted provided that:
 - (a) None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.

- (b) The weight of the transponder and its housing carried on the athletes' uniform, number bib or shoe is not significant.
- (c) The System is started by the Starter's gun or approved starting apparatus.
- (d) The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.
- (e) The resolution is 1/10th of a second (i.e. it can separate athletes finishing 1/10th of a second apart). For all races, the time shall be read to 1/10th of a second and recorded to the whole second. All read times not ending in zero shall be converted and recorded to the next longer whole second, e.g. for the Marathon, 2:09:44.3 shall be recorded as 2:09:45.

Note: The official time shall be the time elapsed between the firing of the starting gun and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to him, but will not be considered an official time.

- (f) Whilst the determination of the finishing order and times may be considered official, Rules 164.3 and 165.2 may be applied where necessary.

Note: It is recommended that judges and/or video recording(s) also be provided to assist in determining the finishing order.

RULE 166

Seedings, Draws and Qualification in Track Events

Rounds and Heats

1. Preliminary rounds (heats) shall be held in track events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where preliminary rounds are held, all athletes must compete in, and qualify through, all such rounds.
2. The heats, quarter-finals and semi-finals shall be arranged by the appointed Technical Delegates. If no Technical Delegates have been appointed they shall be arranged by the Organising Committee. The following tables shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, and the number of heats in each round, to be held and the qualification procedure for each round of track events:

100m, 200m, 400m, 100mH, 110mH, 400mH

Declared Entries	Qualifying R1		Qualifying R2		Qualifying R3 Heats P
	Heats P	T	Heats P	T	
9-16	2	3			
17-24	3	2			
25-32	4	3	2	4	
33-40	5	4	3	4	4
41-48	6	4	4	4	2
49-56	7	4	4	4	4
57-64	8	3	4	4	2
65-72	9	3	4	4	4
73-80	10	3	4	4	2
81-88	11	3	5	3	4
89-96	12	3	5	3	1
97-104	13	3	6	2	4
105-112	14	3	6	2	4

800m, 4x100m, 4x400m

Declared Entries	Qualifying R1		Qualifying R2		Qualifying R3 Heats P
	Heats P	T	Heats P	T	
9-16	2	3			
17-24	3	2			
25-32	4	3	2	3	2
33-40	5	2	2	3	2
41-48	6	2	2	3	2

Declared Entries	Qualifying R1		Qualifying R2		Qualifying R3 Heats P
	Heats P	T	Heats P	T	
49-56	7	2	2	3	2
57-64	8	2	3	2	2
65-72	9	3	4	3	4
73-80	10	3	4	3	4
81-88	11	3	5	3	1
89-96	12	3	5	3	1
97-104	13	3	6	2	4
105-112	14	3	6	2	4

1500m

Declared Entries	Qualifying R1		Qualifying R2	
	Heats P	T	Heats P	T
16-24	2	4		
25-36	3	6	2	5
37-48	4	5	2	5
49-60	5	4	2	5
61-72	6	3	2	5

3000m SC, 3000m

Declared Entries	Qualifying R1			Qualifying R2		
	Heats	P	T	Heats	P	T
16-30	2	4	4			
31-45	3	6	6	2	5	2
46-60	4	5	4	2	5	2
61-75	5	4	4	2	5	2

5000m

Declared Entries	Qualifying R1			Qualifying R2		
	Heats	P	T	Heats	P	T
20-38	2	5	5			
39-57	3	8	6	2	6	3
58-76	4	6	6	2	6	3
77-95	5	5	5	2	6	3

10,000m

Declared Entries	Qualifying R1		
	Heats	P	T
28-54	2	8	4
55-81	3	5	5
82-108	4	4	4

Whenever possible, representatives of each nation or team shall be placed in different heats in all rounds of the competition. ||

Note (i): When heats are being arranged, it is recommended that as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performers reach the final.

Note (ii): For World Championships and Olympic Games, alternate tables may be included in the relevant Technical Regulations. ||

3. After the first round, the athletes shall be placed in the heats of subsequent rounds in accordance with the following procedures:
 - (a) for events of 100m to 400m inclusive, and relays up to and including 4x400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:
 - Fastest heat winner
 - 2nd fastest heat winner
 - 3rd fastest heat winner, etc.
 - Fastest 2nd place
 - 2nd fastest 2nd place
 - 3rd fastest 2nd place, etc.
- (Concluding with)

Fastest time qualifier
2nd fastest time qualifier
3rd fastest time qualifier, etc.

The athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. 3 heats will consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

The order of running heats A, B, C shall be drawn.

(b) for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

For the first round, the athletes shall be placed in heats, and the order of heats drawn, using the above system, but with the seeding determined from the relevant list of valid performances achieved during the predetermined period.

4. For events 100m to 800m inclusive, and relays up to and including 4x400m, where there are several successive rounds of a race, lanes will be drawn as follows:
- (a) In the first round the lane order shall be drawn by lot.
 - (b) For the following rounds, athletes shall be ranked after each round in accordance with the procedure shown in Rule 166.3(a) or in the case of 800m, 166.3(b).

Two draws will then be made:

- (c) one for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6.
- (d) the other for the four lowest ranked athletes or teams to determine placings in lanes 1, 2, 7 and 8.

Note (i): When there are fewer than 8 lanes, the above system with the necessary modifications should be followed.

Note (ii): In competitions under Rule 1(d) to (h) the 800m event may be run with one or two athletes in each lane, or with group start behind an arced line.

Note (iii): In competitions under Rule 1(a), (b) and (c) this should normally be applied only in the first round, unless because of ties or advancement by the Referee, there are more athletes in a heat of a subsequent round than were anticipated.

5. An athlete shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which, in the opinion of the Referee, justify an alteration.
6. In all preliminary rounds, at least the first and second places in each heat shall qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

Except where Rule 167 applies, any other athletes may qualify by place or by time according to Rule 166.2, the particular Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

The order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

7. The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:

Up to and including 200m	45 minutes
Over 200m up to and including 1000m	90 minutes
Over 1000m	Not on the same day

Single Rounds

8. In competitions under Rule 1(a), (b) and (c), for events longer than 800m, relays longer than 4x400m and any event where only a single round (final) is required, lanes/starting positions shall be drawn by lot.

RULE 167

Ties

Ties shall be resolved as follows:

In determining whether there has been a tie in any round for a qualifying position for the next round based on time, the Chief Photo Finish Judge shall consider the actual time recorded by the athletes to 1/1000th of a second. If it is thus determined that there has been a tie, the tying athletes shall be placed in the next round or, if that is not practicable, lots shall be drawn to determine who shall be placed in the next round.

In the case of a tie for first place in any final, the Referee is empowered to decide whether it is practicable to arrange for the athletes so tying to compete again. If he decides it is not, the result will stand. Ties in other placings shall remain.

RULE 168
Hurdle Races

1. Distances. The following are the standard distances:

Men, Junior Men and Youth Boys: 110m, 400m
 Women, Junior Women and Youth Girls: 100m, 400m

There shall be ten flights of hurdles in each lane, set out in accordance with the following table:

Men, Junior Men and Youth Boys

Distance of race	Distance from start line to first Hurdle	Distance between Hurdles	Distance from last Hurdle to finish line
110m	13.72m	9.14m	14.02m
400m	45.00m	35.00m	40.00m

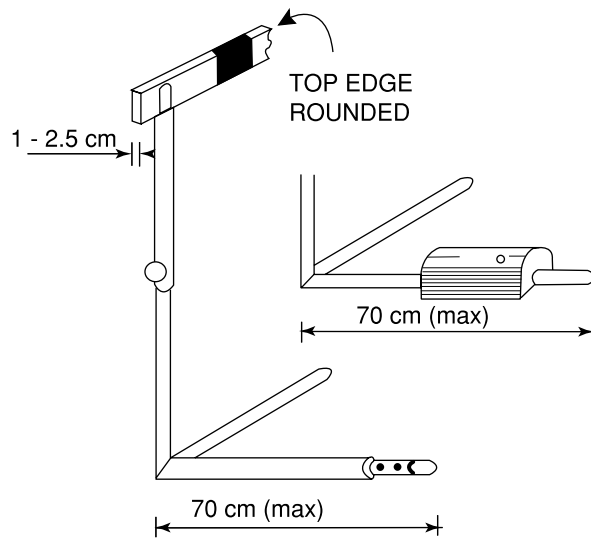
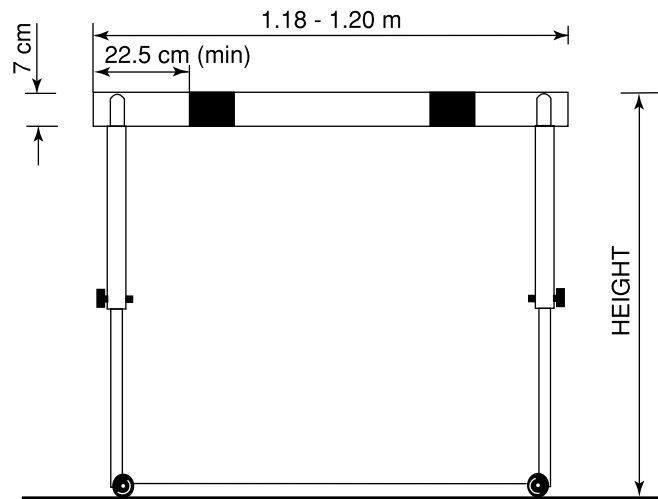
Women, Junior Women and Youth Girls

Distance of race	Distance from start line to first Hurdle	Distance between Hurdles	Distance from last Hurdle to finish line
100m	13.00m	8.50m	10.50m
400m	45.00m	35.00m	40.00m

Each hurdle shall be so placed on the track that the feet shall be on the side of the approach by the athlete. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.

2. Construction. The hurdles shall be made of metal or some other suitable material with the top bar of wood or other suitable material. They shall consist of two feet and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to overturn it. The hurdle may be adjustable in height for each event. The counterweights shall be adjustable so that at

Example of a Hurdle



each height a force at least equal to the weight of 3.6kg and not more than 4kg is required to overturn it.

3. Dimensions. The standard heights of the hurdles shall be:

	Men	Junior Men	Youth Boys	Women/Junior	Youth Girls
100H/110H	1.067m	0.990m	0.914m	0.840m	0.762m
400H	0.914m	0.914m	0.840m	0.762m	0.762m

Note: Due to manufacturing varieties, hurdles up to 1.000m are also acceptable in the Junior 110m hurdles.

The width of the hurdles shall be from 1.18m to 1.20m.

The maximum length of the base shall be 70cm.

The total weight of the hurdles shall be not less than 10kg.

In each case there shall be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture.

4. The height of the top bar shall be 7cm. The thickness of this bar should be between 1cm and 2.5cm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.
5. The top bar should be painted with white and black stripes, or with other distinctive contrasting colours, such that the lighter stripes, which should be at least 22.5cm wide are on the outside.
6. All races shall be run in lanes and each athlete shall keep to his own lane throughout, except as provided in Rule 163.4.
7. An athlete shall be disqualified, if he:
 - (a) does not jump any hurdle,
 - (b) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance,
 - (c) jumps any hurdle not in his own lane, or
 - (d) in the opinion of the Referee deliberately knocks down any hurdle.
8. Except as provided in paragraph 7(d), the knocking down of hurdles shall not result in disqualification nor prevent a record being made.
9. For a World Record all hurdles must comply with the specifications of this Rule.

RULE 169

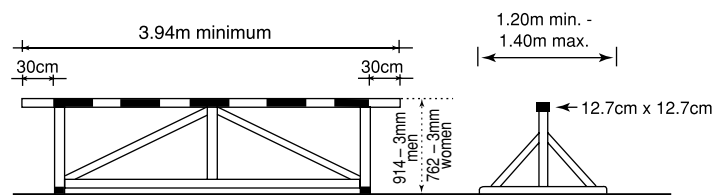
Steeplechase Races

1. The standard distances shall be 2000m and 3000m.
2. There shall be 28 hurdle jumps and 7 water jumps included in the 3000m event, and 18 hurdle jumps and 5 water jumps in the 2000m event.

3. For the steeplechase events, there shall be five jumps in each lap after the finish line has been passed for the first time, with the water jump as the fourth. The jumps shall be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.

4. In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap. In the 2000m event, the first jump is at the third barrier of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.
5. The hurdles shall be 91.4cm high for men's events and 76.2cm for women's events ($\pm 0.3\text{cm}$ both) and shall be at least 3.94m wide. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 12.7cm square.



Example of a steeplechase hurdle

The hurdle at the water jump shall be 3.66m \pm 0.02m wide, and shall be firmly fixed to the ground, so that no horizontal movement is possible.

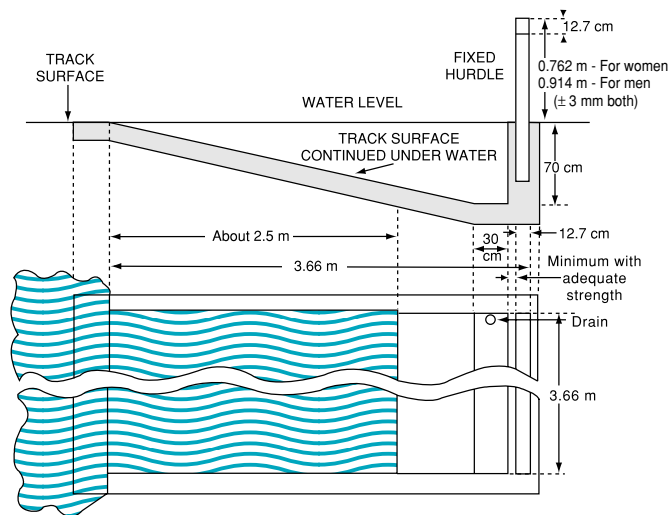
The top bars should be painted with white and black stripes, or with other distinctive contrasting colours, such that the lighter stripes, which should be at least 22.5cm wide, are on the outside.

The weight of each hurdle shall be between 80kg and 100kg. Each hurdle shall have on either side a base between 1.2m and 1.4m. (See diagram).

The hurdle shall be placed on the track so that 30cm of the top bar will extend inside the inner edge of the track.

Note: It is recommended that the first hurdle taken in the race should be at least 5m in width.

6. The water jump, including the hurdle, shall be $3.66\text{m} \pm 0.02\text{m}$ in length and the water pit shall be $3.66\text{m} \pm 0.02\text{m}$ in width. The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 2cm. The depth of the water closest to the hurdle shall be 70cm for approximately 30cm. From there, the bottom shall have a uniform slope upwards to the level of the track at the farther end of the water pit.



Water jump

7. Each athlete shall go over or through the water. An athlete shall be disqualified, if he
- does not jump any hurdle,
 - steps to the one side or other of the water jump, or
 - trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.

RULE 170
Relay Races

1. Lines 5cm wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line.
2. Each take-over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
3. The scratch lines of the first take-over zones for the 4x400m (or the second zones for the 4x200m) are the same as the start lines for the 800m.
4. The take-over zones for the second and last take-overs (4x400m) will be the 10m lines either side of the start/finish line.
5. The arc across the track at the entry to the back straight showing the positions at which the second stage athletes (4x400m) and third stage athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the 800m event, described in Rule 163.5.
6. 4x100m and, where possible, 4x200m relay races, shall be run entirely in lanes.
In 4x200m (if this event is not run entirely in lanes) and 4x400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.
Note: In the 4x200m and 4x400m relay races, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.
7. In relay races of 4x100m and 4x200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see paragraph 2 above). A distinctive mark shall be made in each lane to denote this extended limit.
8. In the 4x400m relay race, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.
The 2nd athletes in each team shall run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes. The breakline shall be an arced line, 5cm wide, across the track, marked at each end by a flag at least

|| 1.50m high, positioned outside the track, 30cm from the nearest lane line.

|| *Note: To assist athletes identify the breakline small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, may be placed on the lane lines immediately before the intersection of the lane lines and the breakline.*

9. The athletes in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

|| *Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the start list (inside to out).*

- || 10. In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4x200m and 4x400m, waiting athletes shall maintain the order in accordance with paragraph 9.

11. Check-Marks. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx4cm, of a distinctive colour which cannot be confused with other permanent markings. For a cinder or grass track, he may make a check-mark within his own lane by scratching the track. In either case no other check-mark may be used.

12. The baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 28 to 30cm. The circumference shall be 12 to 13cm and it shall not weigh less than 50gm. It should be coloured so as to be easily visible during the race.

13. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the

distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.

14. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. In relation to the take-over zone, it is only the position of the baton which is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.
15. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Rule 163.3 and 4 shall not apply to these athletes. If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
16. Assistance by pushing or by any other method shall result in disqualification.
17. Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may be made only from the list of athletes already entered for the competition whether for that or any other event. Once an athlete, who has started in a previous round, has been replaced by a substitute, he may not return to the team. If a team does not follow this Rule, it shall be disqualified. ||
18. The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the Organising Committee and may be made only until the final call time for the particular heat in which the team is competing. If a team does not follow this rule, it shall be disqualified. ||